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FAMILY ECONOMICS REVIEW

Consumer and Food Economics Research Division, Agricultural Research Service
UNITED STATES DEPARTMENT OF AGRICULTURE

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FAMILY ECONOMICS REVIEW is a quarterly report on research of the Consumer and Food Economics Research Division and on information from other sources relating to economic aspects of family living. It is developed by Dr. Emma G. Holmes, research family economist, with the cooperation of other staff members of the Division. It is prepared primarily for home economics agents and home economics specialists of the Cooperative Extension Service.

HOMEFREEZER MANAGEMENT SURVEY:

III. More on Freezer Use

This is the third in a series of four articles reporting highlights from a survey conducted by the Consumer and Food Economics Research Division in the Fort Wayne, Ind., area in 1964-65. It summarizes records of freezer use kept by the 240 urban and 242 farm homefreezer-owning families in the sample. To get a broader view of practices than would be possible if all records were for the same time of year, both the urban and farm samples were divided into four subsamples of equal size. Each subsample started the study in a different month--July, August, September, or October.

Frozen Foods Used in a Week

For 1 week after the first interview, the homemakers kept a record of the number of packages or containers of food taken from the freezer and used, the kinds of foods, and their sources--whether home-produced or purchased and, if purchased, where. The urban households used an average of about 12 packages or containers of frozen food during the week, the farm households 11 (table 1). Both used a larger number of packages of meat than of any other kind of food--an average of about four per household. Baked goods averaged about three packages, and vegetables one package.

The averages given for dairy products (ice cream), vegetables, and fruits do not necessarily show the total amounts consumed during the week. Some families may have used a portion of the contents of a container of these foods and returned the rest to the freezer. This use was not recorded, since the homemaker entered a container only when the entire contents were used. The availability of fresh produce in the months the records were kept may have affected the use of frozen fruits and vegetables.

The number of packages of frozen foods used increased more sharply with size of household than with size of freezer, in both urban and farm households. At comparable levels of freezer size and household size, farm households used fewer packages than urban.

Most (73 percent) of the frozen foods used in urban households had been purchased at a retail store (table 2). About 10 percent of the frozen foods were home produced, including one-fourth of the vegetables and one-half of the fruits. Gardens evidently were more prevalent among the freezer-owning families interviewed in urban Fort Wayne than one might expect in many urban communities, especially large cities.

One-half of all foods taken from the freezer in a week by farm households had been bought in retail stores, and one-third was home produced. Those home produced included 70 percent of the vegetables, 66 percent of the fruit, 45 percent of the poultry, and 40 percent of the meats.

Table 1.--Average number of packages or containers of frozen foods used in 1 week by urban and farm households, by freezer size and household size, July-October 1964

Item	House- holds	All foods	Fruits	Vege- tables	Juices	Meats	Poultry	Fish	Dairy products	Baked goods	Mix- tures ^{1/}
	No.	No.	No.	No.	No.	No.	No.	No.	No.	No.	No.
URBAN											
All households ----	226	11.7	0.6	1.2	0.8	3.7	0.6	0.2	0.9	2.8	0.6
Size of freezer:											
10 cu.ft. or less	34	11.6	.7	1.3	.9	4.1	.5	.4	.6	2.1	1.2
10.1-15.0 cu.ft.	87	10.4	.7	1.1	.8	3.1	.6	.2	.6	2.4	.4
15.1-20.0 cu.ft.	88	12.4	.4	1.3	.9	3.8	.6	.1	1.2	3.2	.6
Over 20 cu.ft. --	17	14.4	1.1	1.9	.5	4.9	.5	0	.9	3.5	1.0
Household size:											
1 and 2 persons -	44	88.2	.5	1.2	.4	2.6	.7	.2	.5	1.8	.1
3 and 4 persons -	76	10.8	.6	1.3	.9	3.7	.5	.1	.8	2.1	.7
5 and 6 persons -	68	12.2	.7	1.1	.9	3.8	.4	.3	.9	2.9	.6
7 and more -----	38	16.4	.7	1.4	.8	4.6	.7	.2	1.3	5.1	1.3
FARM											
All households ----	214	10.8	.7	.9	.4	4.0	.7	.2	.6	2.9	.2
Size of freezer:											
10 cu.ft. or less	12	8.4	.8	.7	.5	3.4	.2	.2	.5	1.5	.4
10.1-15.0 cu.ft.	51	10.0	.7	.9	.6	3.9	.4	.1	.4	2.7	.2
15.1-20.0 cu.ft.	107	10.4	.7	.9	.3	3.8	.5	.2	.6	2.9	.2
Over 20 cu.ft. --	44	13.4	.6	.8	.4	4.8	1.6	.5	.9	3.6	.1
Household size:											
1 and 2 persons -	37	6.6	.3	.5	.1	2.8	.5	.1	.4	1.6	.1
3 and 4 persons -	81	10.7	.8	1.1	.5	3.8	1.1	.2	.5	2.3	.3
5 and 6 persons -	63	11.2	.8	.9	.3	4.2	.3	.2	.7	3.3	.2
7 and more -----	33	15.0	.8	.7	.6	5.3	.7	.5	.9	5.3	.1

^{1/} TV dinners, pizzas, casseroles.

Table 2.--Sources of frozen foods used in 1 week by urban and farm households, July-October 1964

Kind of food	Total packages		Home produced 1/	Purchased from--						Other source 2/
				Retail store	Farmer	Freezer plan	Wholesaler, packinghouse, bakery outlet	Locker plant	Freezer coop- erative	
	No.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
URBAN										
All foods -----	2,561	100	8.6	72.9	5.3	6.9	1.0	3.7	1.1	0.4
Fruits -----	133	100	47.4	35.3	5.3	10.5	0	.7	0	.7
Vegetables ---	270	100	25.6	59.3	3.0	9.3	0	.7	1.1	1.1
Juices -----	175	100	3.4	86.3	0	10.3	0	0	0	0
Meats -----	810	100	1.4	61.0	12.7	10.6	.9	10.4	2.7	.4
Poultry -----	131	100	5.3	84.0	5.3	3.1	0	2.3	0	0
Fish -----	43	100	7.0	81.4	0	4.7	0	0	4.7	2.3
Dairy products	209	100	0	95.2	0	1.9	0	1.9	1.0	0
Baked goods --	596	100	6.7	87.9	1.8	0	3.2	.3	0	0
Mixtures ^{3/} ---	159	100	8.8	78.0	0	12.6	0	0	0	.6
Other ^{4/} -----	35	100	22.9	65.7	0	8.6	0	0	0	2.9
FARM										
All foods -----	2,263	100	33.4	50.0	7.9	.3	3.0	4.8	.1	.6
Fruits -----	148	100	66.2	13.5	12.2	0	0	7.4	0	.7
Vegetables ---	189	100	70.4	25.4	4.2	0	0	0	0	0
Juices -----	87	100	8.0	90.8	0	1.1	0	0	0	0
Meats -----	845	100	40.7	29.6	15.9	.5	1.6	10.9	.2	.6
Poultry -----	120	100	45.0	39.2	13.3	0	0	2.5	0	0
Fish -----	52	100	13.5	71.2	0	1.9	0	0	0	13.5
Dairy products	126	100	4.8	93.7	.8	0	.8	0	0	0
Baked goods --	617	100	13.1	78.3	0	0	8.6	0	0	0
Mixtures ^{3/} ---	42	100	9.5	90.5	0	0	0	0	0	0
Other ^{4/} -----	37	100	59.5	29.7	2.7	0	0	8.1	0	0

^{1/} Home-grown food; wild game and fruit; home-made baked goods, ice cream, and other dishes.

^{2/} Gift, fish vendor, fruit and vegetable stand. ^{3/} TV dinners, pizzas, casseroles.

^{4/} Popsicles, lard, nuts, soups, noodles.

Foods Put Into the Freezer in a Month

Immediately after the week of recording package removal, the homemakers kept records for 1 month of the kinds, amounts, and sources of foods put into the freezers. Separate records were kept for foods frozen in the homefreezer and those already frozen when placed in the freezer.

Foods frozen in the homefreezer.--Baked goods and meats were frozen by more households and in larger quantities than the other foods (table 3). About 70 percent of the urban and 60 percent of the farm households froze some baked goods, including 19 and 25 percent, respectively, who froze homemade ones. The average quantities of home-baked goods were small--about 1 pound per household, compared with 9 pounds of purchased baked goods. The purchased baked goods were almost always from a retail store.

About 60 percent of the urban and 50 percent of the farm households froze some meat during the month. Few froze home-produced meats, and average quantities were low. (The months the records were kept were not peak slaughter ones.) The quantity frozen of purchased meats--mostly from retail stores--averaged about 11 pounds for urban and 7 pounds for rural households.

Commercially frozen foods put into the freezer.--More of both urban and farm households put ice cream into the freezer during the month than any other kind of commercially frozen food--about 40 percent and 35 percent, respectively (table 4). The average quantity for each was about 3 pounds per household. The quantity was about 1 pound larger in the summer months than in the fall, as data for the subsamples show:

<u>Recording month</u>	<u>Average quantity of ice cream put into freezer</u>	
	<u>Urban</u>	<u>Farm</u>
July -----	3.2 lb.	3.2 lb.
August -----	3.0 lb.	3.6 lb.
September -----	3.9 lb.	2.3 lb.
October -----	2.2 lb.	2.3 lb.

About 30 percent of the urban households placed some commercially frozen vegetables in the freezer, and 20 percent some frozen meat, frozen baked goods, and frozen juices. About 20 percent of the farm households put some frozen juices in, 15 percent frozen vegetables and fish, and 10 percent some frozen meat. Both urban and farm households bought most of these commercially frozen foods at a retail store.

Frozen meats were placed in the freezer in larger quantities than other foods--averaging about 5 pounds per urban household and 3.5 pounds per farm household.

Total food input.--The total food input during a month, both in the city and on the farm, averaged about 45 pounds per household (table 5). Meats were placed in the largest quantity--about 16 pounds per household in the city and 13 pounds on the farm. Baked goods were next, averaging about 10 pounds. The other foods each averaged less than

Table 3.--Percentage of urban and farm households freezing fresh foods in a month, source of the foods, and average quantity frozen per household, July-October 1964

Kind of food	Households freezing any fresh food	Home-produced foods frozen fresh		Purchased foods frozen fresh			
		Households reporting	Average quantity	Households purchasing--			Average quantity
				At retail store	From farmer	From other source	
	Pct.	Pct.	Lb.	Pct.	Pct.	Pct.	Lb.
URBAN							
Fruits -----	15.0	8.3	1.2	5.0	2.9	1.2	1.1
Vegetables ---	15.8	10.4	1.0	2.5	2.9	.4	.6
Juices -----	4.6	1.7	.1	2.1	.4	.4	.3
Meats -----	62.5	3.3	.2	59.2	1.7	4.6	10.9
Poultry -----	34.2	.8	<u>1/</u> .0	31.7	1.7	.4	2.5
Fish -----	5.4	4.2	.2	1.2	0	0	<u>1/</u> .0
Dairy products	13.8	.4	<u>1/</u> .0	12.9	0	.8	.5
Baked goods --	70.4	19.2	.8	65.8	0	5.4	8.8
Mixtures <u>2/</u> ---	9.2	4.2	.2	5.4	0	0	.2
Other <u>3/</u> -----	9.6	5.0	.3	4.2	.4	.8	.2
FARM							
Fruits -----	23.1	18.2	1.6	4.1	1.2	2.9	1.1
Vegetables ---	30.2	28.9	5.6	1.7	2.1	0	.3
Juices -----	5.4	3.3	.8	1.2	.4	.4	.3
Meats -----	51.7	8.3	2.2	43.4	1.7	5.4	6.9
Poultry -----	27.7	6.6	2.7	17.8	4.1	1.2	2.8
Fish -----	4.5	4.1	.3	.4	0	0	<u>1/</u> .0
Dairy products	13.2	2.1	.1	10.7	0	.8	.4
Baked goods --	63.2	25.6	1.4	57.9	0	5.4	8.7
Mixtures <u>2/</u> ---	6.6	5.4	.6	.8	.8	0	.7
Other <u>3/</u> -----	13.6	8.3	.4	5.4	1.2	.4	.3

1/ Less than one-tenth of a pound.

2/ TV dinners, pizzas, casseroles.

3/ Popsicles, lard, nuts, soups, noodles.

Table 4.--Percentage of urban and farm households putting commercially frozen food into freezer in a month, source of the foods, and average quantity put in per household, July-October 1964

Kind of food	Households putting any frozen food in freezer	Households putting in frozen food from--				Average quantity of frozen food put in freezer
	Retail store	Locker plant	Freezer cooperative	Other source		
URBAN	Pct.	Pct.	Pct.	Pct.	Pct.	Lb.
Fruits -----	4.2	2.5	0	.4	1.2	.3
Vegetables ---	33.3	32.1	.4	0	2.5	1.8
Juices -----	24.6	22.5	0	0	2.1	1.0
Meats -----	21.2	14.6	1.2	.8	5.8	5.2
Poultry -----	7.5	6.2	0	0	1.2	1.0
Fish -----	18.3	17.5	0	.4	.8	.5
Dairy products	38.8	37.1	.4	0	2.5	3.1
Baked goods --	23.3	22.9	0	.4	.4	.9
Mixtures 1/---	16.7	16.2	0	0	.8	.8
Other 2/-----	9.2	7.9	0	0	1.7	.3
FARM						
Fruits -----	3.7	2.5	1.2	0	0	.4
Vegetables ---	15.3	15.3	0	0	0	.8
Juices -----	18.6	18.6	0	0	0	.5
Meats -----	9.5	7.0	2.9	0	.8	3.5
Poultry -----	2.9	2.9	0	0	0	.2
Fish -----	14.0	14.0	0	0	0	.5
Dairy products	35.5	35.1	0	.4	.8	2.8
Baked goods --	9.1	9.1	0	0	0	.3
Mixtures 1/---	6.2	6.2	0	0	0	.5
Other 2/-----	2.1	1.7	.4	0	0	.1

1/ TV dinners, pizzas, casseroles.

2/ Popsicles, lard, nuts, soups, noodles.

Table 5.--Average quantity of food input of urban and farm households in a month, by freezer size and household size, July-October 1964

Item	House- holds	All foods	Fruits	Vege- tables	Juices	Meats	Poultry	Fish	Dairy products	Baked goods	Mix- tures ^{1/}
	No.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.
<u>URBAN</u>											
All households ----	240	43.1	2.6	3.5	1.3	16.3	3.5	0.8	3.6	10.5	1.1
Size of freezer:											
10 cu.ft. or less	40	32.5	.8	2.1	.6	17.8	3.1	1.1	1.7	4.5	.8
10.1-15.0 cu.ft.	93	35.3	3.0	3.4	1.3	11.2	2.7	.4	3.0	9.4	.9
15.1-20.0 cu.ft.	90	54.7	2.9	3.6	1.8	22.4	3.9	.7	5.2	12.8	1.5
Over 20 cu.ft. --	17	49.3	2.3	6.2	.6	8.4	7.0	2.4	2.7	18.5	1.4
Household size:											
1 and 2 persons -	50	24.4	2.1	1.1	1.1	9.8	2.9	.2	2.1	4.4	.6
3 and 4 persons -	80	33.7	.9	3.1	1.1	12.3	3.5	1.2	2.9	7.8	.9
5 and 6 persons -	70	55.1	4.0	5.4	1.1	21.3	3.6	.7	4.2	13.7	1.1
7 and more -----	40	64.1	3.9	3.8	2.4	23.4	4.2	.8	5.7	17.7	2.2
<u>FARM</u>											
All households ----	242	46.0	3.1	6.6	1.7	12.6	5.7	.8	3.3	10.4	1.9
Size of freezer:											
10 cu.ft. or less	12	45.7	1.8	8.7	12.2	10.4	7.1	.6	2.0	2.5	.2
10.1-15.0 cu.ft.	62	35.5	2.2	2.5	.8	11.1	5.8	.3	3.2	9.1	.4
15.1-20.0 cu.ft.	120	50.4	3.8	8.1	1.3	14.3	5.3	.5	3.1	10.9	3.2
Over 20 cu.ft. --	48	48.8	2.8	7.7	1.0	10.9	6.4	2.0	4.4	12.7	.8
Household size:											
1 and 2 persons -	48	23.1	1.6	3.9	.4	6.2	3.0	.3	1.9	5.3	.5
3 and 4 persons -	93	37.9	4.6	6.4	.9	9.6	3.7	.7	2.8	7.7	1.3
5 and 6 persons -	68	57.5	2.3	7.3	2.0	14.0	9.2	1.2	4.3	12.7	4.4
7 and more -----	33	78.6	2.3	9.6	4.9	27.6	8.3	.7	4.7	20.3	.3

^{1/} TV dinners, pizzas, casseroles.

Table 6.--Storage time for foods put into freezer in recording month, urban and farm households

Kind of food	Total food input	Food used within--						
		1 week	2 weeks	4 weeks	2 months	3 months	4 months	7 months
	Lb.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
<u>URBAN</u>								
All foods -----	10,529	27.0	46.4	63.9	80.1	87.1	91.1	96.2
Fruits -----	613	1.1	4.3	8.4	21.6	27.3	40.0	72.7
Vegetables -----	829	13.3	25.4	38.7	58.0	68.5	75.6	88.7
Juices -----	314	25.6	48.4	61.6	74.9	85.1	93.6	97.8
Meats -----	3,908	23.2	40.8	60.9	81.2	89.8	94.2	97.9
Poultry -----	843	24.6	43.9	62.5	83.9	91.7	93.5	96.1
Fish -----	185	18.1	39.6	56.7	77.7	86.4	92.9	96.9
Dairy products -	858	35.1	59.6	81.5	92.9	98.0	99.6	99.9
Baked goods ----	2,515	42.8	68.5	84.2	93.1	95.9	97.4	99.0
Mixtures ^{1/} ----	270	19.5	44.4	65.4	81.3	87.9	91.7	95.5
Other ^{2/} -----	186	24.6	37.8	57.8	72.5	84.6	87.7	96.7
<u>FARM</u>								
All foods -----	11,328	25.0	41.9	56.4	70.9	78.7	83.8	90.8
Fruits -----	742	1.5	3.2	5.8	15.3	23.6	33.4	56.4
Vegetables -----	1,604	5.3	8.7	15.7	27.2	39.7	47.4	69.2
Juices -----	402	19.8	40.8	54.5	91.3	93.4	96.4	98.4
Meats -----	3,055	20.9	38.0	56.2	76.1	85.2	91.6	97.0
Poultry -----	1,389	8.2	14.8	26.5	49.8	66.4	76.5	85.2
Fish -----	189	19.8	34.3	45.4	65.0	75.7	80.6	94.4
Dairy products -	802	39.4	73.0	93.2	96.7	98.9	99.0	99.1
Baked goods ----	2,507	49.6	76.5	90.9	97.1	99.2	99.4	99.7
Mixtures ^{1/} ----	450	31.5	39.2	65.5	79.2	82.5	91.9	93.6
Other ^{2/} -----	186	13.8	27.1	44.8	67.3	81.3	85.4	90.7

^{1/} TV dinners, pizzas, casseroles.

^{2/} Popsicles, lard, nuts, soups, noodles.

5 pounds in the urban area. Farm households placed about 6 pounds each of vegetables and poultry, and less than 5 pounds of the other foods.

Baked goods were the only food for which input consistently increased with freezer size in both urban and rural households. This may be because some baked goods take up a good deal of space and consequently families with larger freezers are more likely to store them.

The few urban households with large freezers (more than 20 cubic feet) stocked them with an average of 3 to 4 pounds more vegetables and poultry than those with smaller freezers. However, households with the largest freezers had the smallest meat input.

Total quantities of food placed in the freezer during the month increased with household size. Quantities of meats and baked goods increased most, in both urban and farm areas. Inputs of dairy products, poultry, and mixtures also increased with family size in the city, and dairy products, vegetables, and juices on the farm.

Storage Time for the Month's Food Input

During the month the input records were kept, the homemakers recorded the date each package was placed in the freezer. They also recorded the date each package put in that month was taken out and used, continuing this removal record until March 1965, when the study ended. Thus, storage records of up to 7 months were kept by the households starting the recordkeeping in July, and up to 4 months by those starting in October.

The urban households had used 80 percent of the month's input of food within 2 months, farm households about 70 percent (table 6, page 7). More fruits and vegetables were held for longer periods than any other foods. Baked goods and dairy products had particularly short storage periods. More than 80 percent of these foods placed during the month were used within 4 weeks in urban households, and more than 90 percent in farm households.

--Ruth Redstrom

DIETS OF HOUSEHOLDS IN WASHINGTON, D.C.

A pilot study made in Washington, D.C., during the summer of 1963 in preparation for a USDA nationwide survey has provided data on food consumption of city families at three income levels. The survey included households in which at least 10 meals from household food supplies were served to one or more persons the week before the interview. The interviewers used a detailed food list to help the homemakers recall the quantities of foods used during the week and the amounts paid for the purchased items.

Of the 151 households interviewed, 23 percent had incomes under \$3,000 after taxes in 1962, 30 percent had \$3,000 to \$5,999, and 30 percent had \$6,000 or more. The rest gave too little income information to be classified. One-third of the households were white, two-thirds nonwhite. (The proportion of nonwhite households was larger in the sample than in the city population.) Average household size was 3.3 persons, median age of the homemaker was 43 years, and 46 percent of the households had children under 15 years of age. The income groups differed little with respect to these three characteristics. About three-fourths of the high-income homemakers but only one-sixth of those in the low-income group had completed 12 or more years of schooling.

Money Value of Food Used in a Week

The money value of food used in a week averaged about \$21, \$30, and \$38 in the low-, the middle-, and the high-income households, respectively (table 1). (The low-income average was about 30 percent less than the middle-income and 45 percent less than the high-income average.) These amounts included the value of food obtained without direct expense (federally donated, home produced, and received as gift or pay), which averaged \$1.90 at low-, \$0.61 at middle-, and \$0.44 at high-income levels. On a per person per day basis the value of all food used amounted to \$0.95, \$1.27, and \$1.61 in the respective income groups.

Table 1.--Number and size of households and average money value of food used in a week, by income after taxes, Washington, D.C., 1963

Income after taxes	Number of households	Average household size 1/	Total food Dollars	Purchased food			Food received without direct expense 2/
				Total Dollars	Used at home Dollars	Purchased and eaten away from home Dollars	
All households ---	151	3.29	31.26	30.41	25.62	4.79	0.85
Under \$3,000 ---	34	3.19	21.23	19.33	18.37	.96	1.90
\$3,000 to \$5,999	46	3.35	29.65	29.04	23.87	5.17	.61
\$6,000 or more -	45	3.35	37.78	37.34	30.57	6.77	.44
Not classified -	26	3.22	35.94	35.35	29.63	5.72	.60

1/ 21 meals at home = 1 person.

2/ Federally donated, home-produced, or received as gift or pay.

About 4 out of 10 low-income households and 8 out of 10 middle- and high-income households purchased and ate some meals or snacks away from home during the week. Expenditures for this food averaged \$0.96 a week in low-income, \$5.17 in middle-income, and \$6.77 in high-income households.

Quality of Diets

The average food supply of the households studied provided more of each nutrient except calcium than the amount given in the National Research Council's Recommended Dietary Allowances (table 2). The amount of calcium in food used at home by households in each income group was, on the average, about the same as the NRC allowance. Other studies have indicated that when an average for a group just equals or even slightly exceeds an allowance, quite a few households in the group fall below the recommended level.

Table 2.--NRC allowances ^{1/} for nutrients, and average quantities per adult male equivalent per day from food used at home, by family income after taxes, Washington, D.C., 1963

Nutrient	NRC allowance for adult male	Average per adult male equivalent			
		All households ^{2/}	Under \$3,000	\$3,000-5,999	\$6,000 and over
Food energy----Calories-----	2,900	3,730	3,680	3,760	3,780
Protein-----Grams-----	70	113	108	113	118
Calcium-----do-----	.8	.80	.79	.80	.82
Iron-----Milligrams---	10	13.2	11.9	13.9	13.7
Vitamin A-----International units-----	5,000	10,190	7,830	11,980	10,150
Thiamine-----Milligrams---	1.2	1.90	1.93	1.89	1.93
Riboflavin-----do-----	1.7	2.68	2.56	2.76	2.73
Ascorbic Acid-----do-----	70	106	85	104	114

^{1/} National Research Council's recommended dietary allowances (1963 revision) for a male 25 years old.

^{2/} Includes 26 households not classified by income.

Data from this survey show amounts of foods that came in to the household kitchens for consumption (table 3). How much food was discarded either as plate waste or during or after preparation was not reported. Hence amounts of nutrients in the food actually eaten may be smaller than the amounts shown in table 2.

The National Research Council's Recommended Dietary Allowances refer to amounts of the various nutrients as actually ingested. Therefore some margin above them is generally desirable when they are used as a standard in evaluating food consumption as indicated by household surveys.

Table 3.--Average quantities of groups of food used at home per household in a week, by family income after taxes, Washington, D.C., 1963

Food group	All households <u>1/</u>	Under \$3,000	\$3,000-5,999	\$6,000 and over
Milk, cream, ice cream, cheese <u>2/</u> -----quart---	10.30	10.57	9.77	10.73
Meat, poultry, fish-----pound---	15.72	13.06	16.34	17.65
Eggs-----dozen---	1.61	1.56	1.67	1.71
Vegetables-----pound---	16.62	14.46	16.26	18.17
Fruit-----do-----	14.09	13.97	11.83	17.77
Grain products <u>3/</u> -----do-----	6.99	7.01	7.26	7.23
Fats, oils-----do-----	2.37	2.40	2.60	2.44
Sugars, sweets <u>4/</u> -----do-----	4.82	4.64	4.91	5.47

1/ Includes 26 households not classified by income.

2/ Calcium equivalent--quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

3/ Flour equivalent--weight of flour, meal, cereals, pastes; dry grain equivalent of prepared flour mixes and baked goods.

4/ Sugar equivalent--weight of sugars, sirups, jellies, candies, and the sugar in soft drinks, ades, punches, puddings, and gelatins.

During the survey week, food brought into the kitchen by these Washington households provided about the following amounts per person:

Milk, cream, ice cream, cheese-----	3.1 qts. equivalent
Meat, poultry, fish -----	4.8 lbs.
Eggs -----	.5 doz.
Vegetables -----	5.0 lbs.
Fruits -----	4.3 lbs.
Grain products -----	2.1 lbs. flour equivalent
Fats, oils -----	.7 lbs.
Sugar, sweets -----	1.5 lbs. sugar equivalent

--Dorothy Baker and Arletta Beloian

SURVEY OF DISCOUNT FOOD STORES

A recent USDA survey, in which prices of 30 identical food items were compared in discount food stores, chain supermarkets, and independent food stores, found that the discounters' prices were significantly lower.1/ The items compared were either brands

1/ Leiman, Martin. FOOD RETAILING BY DISCOUNT HOUSES, U.S. Dept. Agr., Marketing Research Report No. 785, Economic Research Service. February 1967.

of nationally distributed merchandise commonly stocked in retail food stores or sold on the basis of USDA grades. (An "item" here was one brand of a specific product in a specific size of container.) The survey was conducted by the Economic Research Service in 127 food stores (48 independent, 37 chain, and 42 discount) in 10 metropolitan areas in early 1964.

The discount food stores carried a smaller variety of each of the three food products studied (canned green beans, coffee, and instant coffee) than their conventional competitors. ("Variety" refers to the number of forms and container sizes of the product that were stocked. For example, green beans may be available in whole, french style, and cut forms--each in three sizes of tin cans and in glass jars.) The number of brands of each variety carried, however, was about the same in discount as in chain and independent stores. The discount stores made a higher proportion of their sales in nationally advertised brands.

The discount food stores had larger stores, larger parking lots, and larger selling areas, on the average, than the chain supermarkets and the independent retailers. The discount stores opened later in the morning, closed later in the evening, and were open fewer hours on Sunday. Overall, the discount stores were open fewer hours a week.

CONSUMER WEALTH AND SAVING

The amount of wealth a family has is closely related to its current income and to its age as represented by the age of its head. In any one year, low-income consumers save little while upper income consumers save substantial amounts. In 1963, for example, 7 out of 10 of the consumer units (families and unrelated individuals) with incomes under \$3,000 saved almost nothing or went into debt, and only 1 in 20 saved as much as \$1,000. But 3 out of 4 of those with incomes of \$15,000 to \$25,000 saved \$1,000 or more. As savings are built up year after year a pattern of increase in wealth with age results, even though income changes somewhat over the life cycle. These are some of the findings from surveys of consumer wealth at the end of 1962 and savings in the year 1963, conducted by the Federal Reserve Board. 1/

As defined in the FRB study, wealth and additions to wealth--or saving--included: Liquid assets, such as bank accounts and U.S. Savings Bonds; investments such as pub-

1/ Projector, Dorothy S., and Weiss, Gertrude S. SURVEY OF FINANCIAL CHARACTERISTICS OF CONSUMERS, Board of Governors of the Federal Reserve System, 1966 (available for \$1.00 from Publications Services, Division of Administrative Services, Board of Governors of the Federal Reserve System); and Schoenberg, Judith K., Weiss, Gertrude S., and Strader, Natalie C. "Size and Composition of Consumer Saving," FEDERAL RESERVE BULLETIN, January 1967.

licly traded stocks and real estate; investment in one's own business, farm, or profession; owned homes; and automobiles. Although other durable goods--in addition to automobiles--and life insurance are generally considered consumer wealth they were not included in this study. This is because listing and valuing all durables was too large a task for so detailed a survey, and figuring cash surrender values of life insurance policies was found to be impossible for most respondents. "Consumer units" in this report include both families and unrelated individuals, as defined by the Census Bureau. The one-person units amounted to one-fifth of the total, and were largely low-income units.

Most young people have little wealth. The assets that account for so much of the holdings of the rich--namely securities and investment in one's own business--are relatively unimportant to the group with heads under 35 years old (see table). This group has, however, started to build up investments in homes. Trust funds--classified in the surveys as miscellaneous assets--add considerably to the average wealth of the under-35 group as a whole. Although only a few young people are beneficiaries of trust funds, these have enough wealth in this form to make the group average sizable.

Average wealth of consumer units and distribution among various types of assets, by age of head, end of 1962

Age of head (years)	Total wealth	Share of wealth in--						
		All assets	Owned home	Auto- mobile	Own business, profession	Liquid assets	Invest- ment assets	Miscel- laneous assets 1/
	Dollars	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All -----	21,000	100	27	3	18	13	33	5
Under 35	6,000	100	26	7	12	9	13	32
35 to 44	16,000	100	31	5	23	10	22	9
45 to 54	23,000	100	33	4	23	11	26	3
55 to 64	33,000	100	25	2	20	13	38	2
65 and over --	31,000	100	22	1	12	16	47	1

1/ Includes beneficial interests in trusts, nonmortgage loans to individuals, oil royalties, patents, and commodity contracts.

Debt is especially important in the finances of consumer units with heads under 35 years old. About 8 out of 10 of these young consumers owed personal debt--largely installment debt. Moreover, 9 out of 10 of the homes they owned were mortgaged. Another indication of how actively these young people were using credit is the fact that 9 out of 10 of them had either increased or decreased the amount of personal debt they owed during 1963. The units with heads under 35 years old had so much debt--an average of about \$1,000 of personal debt, of which \$700 was installment debt--that meeting payments may have been a problem for some. The surveys suggest that incurring and paying off

debt is a normal part of the financial activities of the young, becoming less important as they grow older.

Wealth is built up over the years largely in three ways: Through inheritance; through increases in values of such assets as real estate, stocks, and businesses; and through savings. Of the consumer units interviewed, 1 in 5 reported that they had inherited some of their wealth but only 1 in 20 described the inheritance as a substantial portion. Most people who have held appreciating assets--real estate, stocks, or investments in owned business--for all or most of the past 30 years have enjoyed some gain through rising price levels, though how much is difficult to document. As for the contribution of saving to the accumulation of wealth, estimates of amounts saved in a year by different age groups were as follows:

<u>Age of head</u>	<u>Average saving in 1 year</u> <u>Dollars</u>
Under 35 years -----	1,150
35 to 44 years -----	1,150
45 to 54 years -----	1,550
55 to 64 years -----	850
65 years and over -----	50

These average savings include amounts by which investments in owned homes and automobiles increased, as well as amounts saved in bank accounts, bonds, and other forms. Investment in their homes and automobiles represented nearly three-fourths of the saving of the youngest group and three-fifths of the saving of the next two older groups. This included downpayments on and cash purchases of homes and cars, plus the net amounts by which home mortgages and car debts were reduced during the year.

Wealth reaches its highest level in the 55 to 64-age group. Home ownership is widespread and the amount of mortgage debt decreasing. Substantial sums are invested in businesses, stocks, and real estate. This group's additions to wealth through current savings, however, are less than those of younger consumer units.

The oldest group--consumer units with heads 65 years old and over--includes many who are retired and have lower incomes than previously. This group saves little, as some draw on wealth accumulated when they were younger. They still have substantial holdings, however--more on the average than any except the 55 to 64-age group. Consumer units 65 and over tend to have their wealth concentrated in liquid and investment assets, such as bank accounts and stocks. Their preference for liquid assets is shown by their saving behavior: As a group they save little during the year, but they continue to build up their holdings of liquid assets. Owned homes represent an important form of wealth for these older consumers, largely because so many own their homes free of mortgages. Some selling off of their homes occurred during the year, as shown by the fact

that the group had a net decrease in saving in this form. It seems likely that these older people took their money out of their homes because of their desire for liquid assets and their preference not to continue living in their homes.

--Gertrude S. Weiss

(Dr. Weiss was Director of the Consumer and Food Economics Research Division from 1948 to 1957. Since 1957 she has been a consultant to the Federal Reserve Board.)

CENSUS REPORTS ON SCHOOL ENROLLMENT AND ON TV OWNERSHIP

School Enrollment, October 1966 1/

About 55.1 million persons 5 to 34 years old were enrolled in school or college in October 1966, according to the Census Bureau. Enrollment in colleges and professional schools was 70 percent higher than in October 1960. Part of this increase was due to the increase in the population aged 18 to 34 years, but much of it represented the substantial gain in the proportion of young people attending colleges and professional schools. For example, the enrollment rate for 18- and 19-year-olds increased from 38 percent in 1960 to 47 percent in 1966, and the rate for those 20 to 24 years old rose from 13 to 20 percent.

Between 1960 and 1966 enrollment in high school (grades 9 through 12) increased 30 percent, and in elementary school 8 percent. These gains were due primarily to increases in the population of children 5 to 17 years old. Enrollment rates for this age group remained at about the same high level in 1966 as in 1960. The biggest change was the increase in the percentage of 5- and 6-year-olds in school--from 81 to 85 percent--reflecting an increase in the percentage of youngsters attending kindergartens.

TV Sets in U.S. Households, August 1966 2/

In August 1966, 93.4 percent of U.S. households had one or more TV sets. This was only a slight gain over the previous year, when 92.4 percent had TV. Households with two or more sets rose from 19.5 percent of the total in 1965 to 22.6 percent in 1966. At the same time, U.S. households with color sets increased from 7.4 to 13 percent, and those with sets equipped to receive ultra high frequency (UHF) broadcasts rose from 22.8 to 33.8 percent.

One-person households had the lowest rate of TV ownership in 1966 (80 percent), whereas 4-person and 5-person households had rates of 97 to 98 percent.

1/ Bureau of the Census, Series P-20, No. 161 (February 1967).

2/ Bureau of the Census, Series H-121, No. 13 (February 1967).

Improved methods of measuring and describing the labor force have been put into effect in 1967. The changes are in line with those recommended by the President's Committee to Appraise Employment and Unemployment Statistics. The committee had pointed out that the old procedures relied too much on volunteered information and questions not detailed enough to provide accuracy. The principal changes are:

1. The sample to be interviewed each month has been increased from 35,000 persons in 357 areas of the United States to 52,500 persons in 449 areas, thus increasing the reliability of the data.
2. The lower age limit for persons included in the estimates has been raised from 14 to 16 years.
3. Ways of identifying the unemployed have been clarified. To be counted as unemployed a person now must (a) have done some definite job-hunting within the past 4 weeks, such as going to an Employment Service or applying to an employer; (b) be waiting to start a new job within 30 days; or (c) be waiting to be recalled from layoff. He must also be currently available for work. (In the past, the questionnaire did not specify a time period for job-hunting and did not ask how the person looked for work, or whether he was ready to go to work if offered a job.)
4. Persons with a job but not working during the survey week because of illness, vacation, strike, bad weather, and such, are counted as employed even if they are looking for another job. (Previously they were counted as unemployed.) The reason these workers are considered "employed" (in contrast to workers on layoff or waiting to go to work in 30 days who are "unemployed") is that the timing of their return to work is more definite and depends on temporary or personal reasons for not working, rather than on employers' decisions.
5. More accurate information is available about workers on layoff from jobs, duration of unemployment, number of hours worked, and self-employed workers.
6. More information is provided about the composition of the groups reported as employed, unemployed, and outside the labor force:
 - a. For the employed, a better estimate of the number in full-time and part-time jobs is available.
 - b. Unemployed heads of households and unemployed persons looking for part-time work are identified separately. (This was put into effect in 1963.)
 - c. The reasons unemployed persons have started job-hunting are given--that is, whether they lost their job, quit, are entering the labor force for the first time, or are reentering it after being absent from it for a while.

1/ From EMPLOYMENT AND EARNINGS AND MONTHLY REPORT ON THE LABOR FORCE, U.S. Department of Labor, Bureau of Labor Statistics, February 1967.

- d. For persons not in the labor force, information is available on when they last worked; why they left their last job; the occupation and industry of their last job; whether they want a job now and, if so, why they are not looking for a job; and whether they intend to look for work in the next 12 months.

Effect of New Procedures on Labor Force Data

The new procedures were tested in 1964-66 before they were put into effect in January 1967. Compared with the old procedures, they resulted in a somewhat lower count of total unemployed persons in 1966--2.8 million rather than 2.9 million--a lower count of unemployed men, and a higher count of unemployed women. For men the average number unemployed was 130,000 lower and the unemployment rate was 2.2 percent compared with 2.5 percent under the old method. For women, the average number unemployed was 100,000 higher and the unemployment rate was 4.2 percent rather than 3.8 percent. Teenage unemployment averaged 66,000 lower and the unemployment rate was 11.7 compared with the 12.7 percent reported in the old series. The new procedures also reduced the number of unemployed persons looking for full-time jobs by about 200,000 and raised the number looking for part-time jobs by 100,000.

Labor Force Series to be Revised

Labor force figures for years before 1967 are being revised, insofar as possible, to adjust for the new age grouping. That is, they will show the labor force status of persons 16 years old and over, to replace the old 14-and-over data.

ENROLLMENT IN THE HEALTH INSURANCE PROGRAM FOR THE AGED

When the federal health insurance program for the aged (popularly known as "medicare") went into effect July 1, 1966, about 18.9 million persons 65 years old and over became entitled to hospital insurance benefits and 17.6 million were enrolled for medical insurance coverage. Of those in the hospital insurance program, 93 percent enrolled voluntarily for the medical insurance program, for which they pay \$3 a month. ^{1/}

About 57 percent of the elderly people covered by the health insurance program for the aged were women; 43 percent, men. Most of these (87 percent) were receiving or entitled to monthly cash payments under social security or railroad retirement. The others were largely women who never worked in covered employment or whose husbands did not have enough coverage to entitle them to widows' benefits.

^{1/} For a description of the hospital insurance and medical insurance programs see FAMILY ECONOMICS REVIEW, June 1966.

Of the 18.9 million aged persons in the hospital insurance program, 31 percent were 65 to 69 years old, 30 percent were 70 to 74, and 39 percent were 75 or over. The enrollees who were not covered by social security or railroad retirement were considerably older, as a group, than those who were covered, for 62 percent of them were 75 years old or over.

The source of this information--the SOCIAL SECURITY BULLETIN for March 1967--gives the number of elderly persons enrolled in the hospital and medical insurance programs in each region and State.

SOME NEW USDA PUBLICATIONS

(Please give your Zip Code in your return address when you order these.)

SAMPLE MENUS AND FOOD LIST FOR ONE WEEK BASED ON USDA ECONOMY FAMILY FOOD PLAN, CA-62-20, Revised April 1967. Single copy free from the Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture, Federal Center Building, Hyattsville, Maryland 20782.

HOW TO MAKE JELLIES, JAMS, AND PRESERVES AT HOME, HG No. 56, Revised January 1967. Single copy free from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

RESEARCH CAREERS IN NUTRITION, FOOD SCIENCE, AND FOOD ECONOMICS. MP No. 1019, Revised April 1967. Single copy free from Personnel Division, Agricultural Research Service, U.S. Department of Agriculture, Federal Center Building, Room 705, Hyattsville, Maryland 20782.

PLANNING BATHROOMS FOR TODAY'S HOMES. HG No. 99, Revised January 1967. Single copy free from the Office of Information, U. S. Department of Agriculture, Washington, D.C. 20250.

TEACHING KITS FOR WORKING WITH LOW-INCOME FAMILIES. Each kit contains a guide for training nonprofessional aides and subject-matter guides for aides to use in teaching homemakers. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 at the following prices:

Child Development Teaching Materials for Low-Income Families (FES Packet A), \$1
Food for Thrifty Families Teaching Materials for Low-Income Families (FES Packet B), \$1.50

Clean House Teaching Materials for Low-Income Families (FES Packet C), 75¢
Clothing Teaching Materials for Low-Income Families (FES Packet D), \$1.75

CONSUMER PRICES

Consumer Price Index for Urban Wage Earners and Clerical Workers
(including single workers)
(1957-59 = 100)

Group	April 1966	Feb. 1967	March 1967	April 1967
All items -----	112.5	114.8	115.0	115.3
Food -----	114.0	114.2	114.2	113.7
Food at home -----	112.7	111.7	111.5	110.8
Food away from home -----	121.6	127.4	127.7	128.3
Housing -----	110.3	113.3	113.3	113.6
Shelter -----	113.0	116.8	116.6	116.9
Rent -----	110.1	111.7	111.8	111.9
Homeownership -----	114.3	118.9	118.6	119.0
Fuel and utilities -----	108.3	108.7	108.7	108.8
Fuel oil and coal -----	108.5	111.1	111.1	111.0
Gas and electricity -----	108.3	108.3	108.3	108.4
Household furnishings and operation -----	104.4	107.0	107.3	107.7
Apparel and upkeep -----	108.7	111.9	112.6	113.0
Men's and boys' -----	109.6	111.8	112.7	113.5
Women's and girls' -----	104.2	107.3	108.2	108.4
Footwear -----	118.1	123.4	124.2	124.9
Transportation -----	112.0	113.8	114.2	115.1
Private -----	110.5	111.8	112.2	113.2
Public -----	122.1	130.0	130.5	130.6
Health and recreation -----	118.1	121.8	122.2	122.6
Medical care -----	125.8	133.6	134.6	135.1
Personal care -----	111.6	114.1	114.4	114.9
Reading and recreation -----	116.8	118.6	118.9	119.4
Other goods and services -----	114.3	116.3	116.4	116.6

Source: U.S. Department of Labor, Bureau of Labor Statistics.

Index of Prices Paid by Farmers for Family Living Items
(1957-59 = 100)

Item	April 1966	Dec. 1966	Jan. 1967	Feb. 1967	March 1967	April 1967
All items -----	110	111	111	111	111	111
Food and tobacco -----	-	116	-	-	115	-
Clothing -----	-	120	-	-	122	-
Household operation -----	-	112	-	-	112	-
Household furnishings ----	-	97	-	-	98	-
Building materials, house -----	-	105	-	-	106	-
Autos and auto supplies --	-	104	-	-	105	-

Source: U.S. Department of Agriculture, Statistical Reporting Service.

COST OF FOOD AT HOME

Cost of food at home estimated for food plans at three
cost levels, March 1967, U. S. average 1/

Sex-age groups <u>2/</u>	Cost for 1 week			Cost for 1 month		
	Low-cost plan	Moderate- cost plan	Liberal plan	Low-cost plan	Moderate- cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
<u>FAMILIES</u>						
Family of 2:						
20 to 35 years <u>3/</u> ----	15.30	20.50	23.80	66.60	88.60	103.00
55 to 75 years -----	12.90	17.40	19.70	55.30	74.80	85.10
Family of 4:						
Preschool children <u>4/</u>	22.40	29.80	34.40	97.50	129.10	149.30
School children <u>5/</u> ---	25.80	34.60	40.30	112.10	149.50	174.30
<u>INDIVIDUALS <u>6/</u></u>						
Children, under 1 year	3.10	4.00	4.30	13.50	17.50	18.80
1 to 3 years -----	3.90	5.10	5.80	17.10	22.10	25.30
3 to 6 years -----	4.60	6.10	7.00	19.90	26.50	30.40
6 to 9 years -----	5.50	7.40	8.80	23.80	31.80	37.90
Girls, 9 to 12 years --	6.30	8.40	9.40	27.30	36.50	40.80
12 to 15 years -----	6.90	9.30	10.80	29.90	40.40	46.70
15 to 20 years -----	7.20	9.50	10.70	31.40	41.00	46.40
Boys, 9 to 12 years ---	6.40	8.60	9.90	27.80	37.20	42.80
12 to 15 years -----	7.40	10.20	11.60	32.20	44.20	50.10
15 to 20 years -----	8.70	11.60	13.20	37.80	50.20	57.30
Women, 20 to 35 years -	6.50	8.70	9.90	28.30	37.50	42.90
35 to 55 years -----	6.30	8.30	9.60	27.20	36.10	41.40
55 to 75 years -----	5.40	7.30	8.20	23.20	31.40	35.60
75 years and over ---	4.90	6.50	7.50	21.20	28.00	32.60
Pregnant -----	7.80	10.10	11.40	33.90	43.80	49.20
Nursing -----	9.00	11.70	12.90	39.10	50.50	55.90
Men, 20 to 35 years ---	7.40	9.90	11.70	32.20	43.00	50.70
35 to 55 years -----	6.90	9.30	10.70	30.00	40.10	46.30
55 to 75 years -----	6.30	8.50	9.70	27.10	36.60	41.80
75 years and over ---	5.80	8.20	9.30	25.30	35.30	40.30

1/ Estimates computed from quantities in food plans published in FAMILY ECONOMICS REVIEW, October 1964. Costs of the plans were first estimated by using average price per pound of each food group paid by nonfarm survey families at 3 income levels in 1955. These prices were adjusted to current levels by use of Retail Food Prices by Cities, released by the Bureau of Labor Statistics.

2/ Persons of the first age listed up to but not including the second age.

3/ Ten percent added for family size adjustment. For derivation of factors for adjustment, see Family Food Plans and Food Costs, USDA, HERR No. 20.

4/ Man and woman, 20 to 35 years; children 1 to 3 and 3 to 6 years.

5/ Man and woman, 20 to 35 years; child 6 to 9, and boy 9 to 12 years.

6/ Costs given for persons in families of 4. For other size families, adjust thus: 1-person, add 20 percent; 2-person, add 10 percent; 3-person, add 5 percent; 5-person, subtract 5 percent; 6-or-more person, subtract 10 percent.